



**JOINT READINESS TRAINING CENTER AND FORT POLK  
CIVILIAN PERSONNEL ADVISORY CENTER  
FORT POLK, LOUISIANA 71459-5341**



**“A Return to Prominence – One Satisfied Customer at a Time”**

**CPAC INFORMATION BULLETIN  
NUMBER 90**

**January 2007**

**NSPS INFORMATION  
UPDATE**

With the dawning of a New Year and April around the corner, Fort Polk has commenced intensifying its readiness to transition to NSPS. Non-bargaining unit employees of the Garrison, Operations Group and the Army Contracting Agency will transition on 15 April 2007.

Your CPAC is busy assisting Transition Managers prepare for the road ahead and has prepared a NSPS Transition Plan for the Command's approval. The plan details actions to be taken and provides milestones to accomplish them. Any day now, affected employees can expect to be advised of (1) their organizational strategic plan, mission, and goals that will link to individual employee performance objectives and (2) the impact of NSPS on the organization. This information will be communicated in a variety of forums: All Hands Meetings, The Guardian, email, CPAC Information Bulletins and your local NSPS website located at (<http://www.jrtc-polk.army.mil/cpac/nsps.htm>)

You have been afforded the opportunity to complete NSPS 101 on duty time and to attend a NSPS Town Hall during the month of November 2006. The CPAC has completed its review of the video of each of those sessions and captured all of the questions. It is now feverishly researching the answers and expects to have both questions and answers posted to the local NSPS website by 15 February 2007.

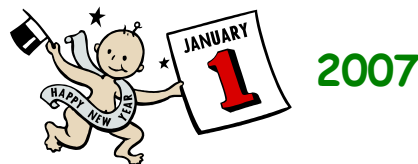
Our next step is to commence the delivery of our class room just-in-time training. Non-bargaining employees of the Garrison and Operations Group were provided an individual copy of the NSPS Training Plan detailing training requirements along with the time lines. Pursuant to those plans you can expect to receive an 8 hour course on HR Elements and Performance Management. This course will provide you a more detailed description of NSPS and its impact on you. We encourage you to review the materials on the local, DA and DoD websites

to be prepared for the course. Supervisors will be provided a 16 hour course detailing their responsibilities under NSPS.

In addition to preparing to conduct training, we are also busy assisting in the structuring of pay pools and ensuring the data accuracy so that, among other things, you and your supervisor can have access to your NSPS Performance Appraisal. It will be located in MyBiz. So please create you an account. If you have any difficulties, please contact Ms. Janette Nolde at 531-1847 for assistance.

Well, we guess you've gathered by now that the rumor that NSPS was being placed on hold is just that, a rumor. We've been instructed to move ahead. We'll be the first to tell you if things change.

So let's get busy and do this thing like only Team Fort Polk can and commit to doing it better than the rest. After all, our continuing quest is to be the Army's best.



*"Another fresh new year is here . . .*

*Another year to live!*

*To banish worry, doubt, and fear,*

*To love and laugh and give!*

*This bright new year is given me*

*To live each day with zest . . .*

*To daily grow and try to be*

*My highest and my best!*

*I have the opportunity*

*Once more to right some wrongs,*

*To pray for peace, to plant a tree,*

*And sing more joyful songs!"*

*~William Arthur Ward~*

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## FROM THE DESK OF THE CPAC DIRECTOR

Here we are again to share with you comments received from our "satisfied" customers and also our "not so satisfied" customers. As we did last time, we will start out with the good first.

### **"KUDOS"**

Four (4) "Excellent" responses with the following comments:

"I would like to take this opportunity to personally say thank you to .... She is an excellent employee and very knowledgeable of personnel matters. She is friendly and courteous, which goes a long way in this day and time. She always responds to my request for information very quickly. ...is definitely an asset to the CPAC - a truly outstanding federal employee."

"... (Fort Polk CPAC) is very professional and she has gone above and beyond to help me with my transition. I think that she should be rewarded for her hard work and dedication to her job. She has truly made this transition a lot easier for me."

"Have come by this office to get ... to help me with change of my pay roll over and she has went out of her way to help me; would put her ahead of all others with this job; she is number ONE in my book."

### **"ANONYMOUS SLAMS"**

We received a poor rating from a dissatisfied customer because of our timeliness of service. We regret we can not help to dispel this customer's perception, but because he/she did not provide us with any of the details of the complaint, we can not properly address the issue.

However, we can assure this customer that we work very hard to delivery quality service in a timely manner. There may be times when unavoidable circumstances prevent us from delivering services in the timeframe desired by our customers, but we believe those occurrences to be few. If this customer will personally contact me, I will definitely check into the situation that gave rise to the complaint. We want all of our customers to be happy with the services we provide.

Remember, it is our goal to "return to prominence - one satisfied customer at a time." If at any time you are not happy with the services provided to you by any member of the CPAC family, just give me a call at 531-1840 and let's talk about it.

*Until next time...*  
*Donald Mallet*



**"Return to prominence – one satisfied customer at a time."**

## SPECIAL ANNOUNCEMENT 2007 ANNUAL WEINGARTEN NOTICE

### NOTICE TO ALL BARGAINING UNIT EMPLOYEES FROM THE DIRECTOR, CIVILIAN PERSONNEL ADVISORY CENTER

1. Pursuant to the provisions of the Civil Service Reform Act, this is to advise that effective 11 January 1979 employees in units represented by an exclusive labor organization have the right to request union representation at an examination by a representative of the agency in connection with an investigation if the employee believes the examination may result in disciplinary action.

2. Section 7114(a) of the Civil Service Reform Act of 1978 states that:

"(2) An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at --

\*\*\*\*\*

(B) any examination of an employee in the unit by a representative of the agency in connection with an investigation if --

(i) the employee reasonably believes that the examination may result in disciplinary action against the employee; and

(ii) the employee requests representation."

3. Therefore, as required by Section 7114(a) (3), you are hereby given annual notice of the right set forth in this provision.

3 January 2007

*//Original Signed//*

DONALD R. MALLET

Director, Civilian Personnel Advisory Center



**Monday, 15 January 2007**

**"Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation. The foundation of such a method is love.**

**~Martin Luther King, Jr. ~**

## \$\$ PAY CORNER \$\$

### SCHEDULE FOR ELECTRONIC/HARDCOPY YEAR-END PAY/TAX STATEMENTS RELEASED

Military service members, military retirees and annuitants, and federal civilian employees paid by the Defense Finance and Accounting Service (DFAS) can expect to receive their 2006 tax statements beginning this month.

DFAS customers with **myPay** access will be able to retrieve their tax statements electronically up to three weeks sooner than those relying on regular mail delivery. **myPay** is DFAS' secure Web-based pay information system. One of the many benefits of **myPay** is the ability to receive tax statements electronically, saving time and avoiding risks associated with identity theft. **myPay** has a series of security measures with layers of defense against identity theft. The secure technology provided to **myPay** customers meets or exceeds security requirements in private industry worldwide.



**Control Your Pay With myPay!**

*Click on the MyPay Key above to be linked to  
the MyPay System*

*Or*

*Type into you're your browser  
<http://www.mypay.dfas.mil>*

### GENERAL SCHEDULE LOCALITY PAY SCHEDULE

1. On 21 December 2006, President Bush signed Executive Order 13393 approving pay raises for General Schedule employees across the nation on the basis of geographical localities. Fort Polk falls within the "catch-all" locality designated as "Rest of the United States" or "RUS". The raise for the locality pay area, RUS, incorporates a 1.7% in the rates of basic pay for General Schedule increase and a locality payment of 12.64%. All employees paid from Salary Table 2006-RUS, the General Schedule/Locality Pay Schedule, will receive a pay adjustment effective the first day of the first pay period beginning on or after 1 January 2007, which for Fort Polk employees is 7 January 2007.

2. Non-Appropriated Fund (NAF) employees NF levels 3 through 5, all CC Pay Band employees, and remaining Universal Annual employees in this area will also receive a locality pay increase in consonance with changes to the General Schedule. NAF employees paid from the crafts and trades

schedules will continue to be paid from the current appropriate NAF schedules.

3. Federal Wage System (Wage Grade) employees will continue to be paid from the regular Wage Grade pay schedule, which was effective 25 June 2006, pending issuance of a new wage rate schedule by the DOD Wage Fixing Authority.

Click on the links below to view the charts or go to the CPAC website and view CPB 02-07 and its attachments at <http://www.jrtc-polk.army.mil/cpac/CPB2007.htm>.

[GS Hourly Rate Schedule \(2007\)](#)

[GS Annual Rate Schedule \(2007\)](#)

## CPAC BULLETINS

### FAMILY AND MEDICAL LEAVE

In accordance with controlling regulations, employees must be informed of their entitlements and responsibilities under the Family and Medical Leave Act, including the requirements and obligations of employees. This serves as our annual notice.

#### Entitlement

Under the Family and Medical Leave Act of 1993 (FMLA), most Federal employees are entitled to a total of up to 12 workweeks of unpaid leave during any 12-month period for the following purposes:

- The birth of a son or daughter of the employee and the care of such son or daughter;
- The placement of a son or daughter with the employee for adoption or foster care;
- The care of a spouse, son, daughter, or parent of the employee who has a serious health condition; or
- A serious health condition of the employee that makes the employee unable to perform the essential functions of his or her position.
- Under certain conditions, an employee may use the 12 weeks of FMLA leave intermittently. An employee may elect to substitute annual leave and/or sick leave, consistent with current laws and Office of Personnel Management regulations for using annual and sick leave, for any unpaid leave under the FMLA. (The amount of sick leave that may be used to care for a family member is limited.) FMLA leave is in addition to other paid time off available to an employee.

#### Job Benefits and Protection

Upon return from FMLA leave, an employee must be returned to the same position or to an "equivalent position with equivalent benefits, pay, status, and other terms and conditions of employment." An employee who takes FMLA leave is entitled to maintain health benefits coverage. An employee on unpaid FMLA leave may pay the employee share of the premiums on a current basis or pay upon return to work.

**Advance Notice and Medical Certification**

An employee must provide notice of his or her intent to take family and medical leave not less than 30 days before leave is to begin or, in emergencies, as soon as is practicable. An agency may request medical certification for FMLA leave taken to care for an employee's spouse, son, daughter, or parent who has a serious health condition or for the serious health condition of the employee.

**Additional Information**

Additional information on FMLA may be found in JRTC & FP Reg 690-20 and on line at [www.opm.gov](http://www.opm.gov).

**EMERGENCY SITUATION  
(INCLEMENT WEATHER)**

It is within the administrative authority of a commander or head of an activity to close all or part of an activity and to administratively excuse employees when there is legal or regulatory authority established to permit the absence without charge to leave. This authority does not extend to periods of interrupted or suspended operations that can be anticipated far enough in advance to permit arranging for assignment to work areas or the scheduling of annual leave.

This serves to advise you of the means of employee notification in the event of an emergency situation due to inclement weather, reiterate early release and late arrival practices, and identify "Mission Critical Emergency" and "Emergency Employees" who are expected to report for, or remain at, work in emergency situations, unless otherwise notified.

First, when employees are off duty and a general emergency situation develops that may delay or prevent the workforce from reporting to work on time, they should:

- Tune to the following local radio and television stations:
  - 1) KVVP 105.7 / 95.7, Leesville
  - 2) KJAE 93.5, Leesville
  - 3) KALB-TV (5) (NBC), Alexandria
  - 4) KLAX-TV (31) (ABC), Alexandria
  - 5) KPLC-TV (7) (NBC), Lake Charles
  - 6) KLFY-TV (10) (CBS), Lafayette
- Log on to <http://www.jrtc-polk.army.mil>
- Assume reporting instructions are normal until receiving instructions to the contrary on one of the above official sources or from a supervisor.

Turning now to closure, early release and late arrival practices, the commander's exercise of authority outlined above in emergency situations will impact the leave treatment of appropriated fund civilian employees as follows:

**Close/Suspend Operations:**

If there is a decision to *Close/Suspend Operations*, excused absence is appropriate for: all employees, including those who:

- are scheduled, but failing to report
- are reporting after the period of closure begins
- those with scheduled leave

Those employees whose supervisors have informed them that their presence at work is necessary for reasons of morale, health, welfare or essential activities will not be granted excused absence.

**Early Release (Installation Remains Open):**

If inclement weather should result in a decision to release employees from duty early (before the regular close of business), only those employees on duty at the time an early dismissal is announced are entitled to excused absence. Employees who are already on approved leave when the early dismissal is announced are not entitled to excused leave. Examples: Early dismissal is announced at 1200 to be effective at 1400.

- Employees on duty at 1200 will be granted excused absence commencing at 1400.
- Employees on duty at 1200 may take annual leave up to 1400 and will be granted excused absence commencing at 1400.
- Employees who are on annual or sick leave at 1200 are not entitled to excused absence.
- Also, the decision can remain open and simply grant Liberal Leave – No excused absence will be granted due to inclement weather.

**Late Arrival:**

Inclement weather precludes employees from reporting on time. Excused absence granted (time specified by the commander) for those employees who ultimately report for work. For example, the announcement is made, "employees report 2 hours later than normal." Employees who actually report to work are granted 2 hours of excused absence from the beginning of their tour on that day. Employees who do not report to work at all on that day would not be granted any excused absence.

Finally, with respect to "Mission Critical Emergency" and "Emergency Employees", employees who occupy such positions or have been designated as a "Mission Critical Emergency" or "Emergency Employee" must be identified and informed of such by their supervisor. As such, these employees are expected to report for, or remain at, work to perform assigned duties in emergency situations, unless otherwise notified. Dismissal or closure announcements do not apply to you, unless instructed otherwise by your supervisor. If a designated employee does not report for work or remain at work as required, he



or she may be charged annual leave, sick leave, credit hours, compensatory time earned, LWOP or absence without leave (AWOL), if appropriate. Additionally, formal disciplinary action may also be taken.

Questions regarding leave should be directed to your supervisor or an HR Advisor at the CPAC.

## TSP CORNER

### WHAT'S NEW?

**IRS contribution limits for 2007** — For 2007, the IRS permits you to contribute up to \$15,500 in tax-deferred money to the TSP. To enroll or change the amount of your contributions, give your agency or service a completed TSP Election Form — TSP-1 (or TSP-U-1 if you are a member of the uniformed services) — unless your agency or service requires you to use an automated system, such as Employee Express, PostalEASE, or myPay. Check with your agency or service for guidance.

**Catch-up contributions for 2007** — If you will be age 50 or older during 2007, you may contribute up to \$5,000 in additional “catch-up” contributions if your regular contributions for the year are expected to reach the \$15,500 limit. To make or continue catch-up contributions in 2007, you must submit a new catch-up contributions election. Check with your agency or service TSP representative for guidance about when to submit your election.

**415(c) contribution limit** — For 2007, members of the uniformed services may contribute up to \$45,000 in combined tax-deferred and tax-exempt money. If you have both a civilian and a uniformed services TSP account, that limit includes your contributions to both accounts.

**Changes in monthly payments** — If you requested a change in the amount of your monthly payments for 2007, it should be reflected in the first monthly payment disbursed from your account on or after January 2. If it is not, contact the ThriftLine and select option 3 to reach a TSP service representative.

**Tax reporting information** — Monthly payments normally scheduled to be disbursed between December 28, 2006, and January 1, 2007, were processed on December 27, 2006, and will be reported to the IRS as income for 2006. Any other payments processed on or after December 28, 2006, will be reported to the IRS as income for 2007.

**IRS Form 1099-R** — The TSP will mail IRS Form 1099-R by January 31 to participants who received withdrawals or other taxable distributions during 2006. Make sure the TSP has your correct address. If you need to report an address change and are separated from service, you can change your address on line from Account Access. If you are actively employed, contact your agency or service.

**Tax credit** — If you participated in the TSP during tax year 2006, you may be eligible for the Retirement Savings Contributions Credit, which is available to participants with an adjusted gross income of no more than \$50,000 if married filing jointly, \$37,500 if head of household, or \$25,000 if single or married filing separately. For information, consult your tax advisor or refer to IRS Form 8880.

### TSP RATES OF RETURN

Rates of Return were updated on December 1, 2006

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December 2006	G Fund	F Fund	C Fund	S Fund	I Fund
	0.34%	(0.54%)	1.42%	0.11%	3.11%
Last 12 Months (1/1/2006-12/31/2006)	4.93%	4.40%	15.79%	15.30%	26.32%

\*The G, F, C, S, and I Fund returns for the last 12 months assume unchanging balances (time-weighting) from month to month, and assume that earnings are compounded on a monthly basis.

December 2006	L2040	L2030	L2020	L2010	LIncome
	1.31%	1.18%	1.17%	0.90%	0.63%
Last 12 Months 1/1/2006-12/31/2006	16.53%	15.00%	13.72	11.09%	7.59%

\*The monthly G, F, C, S, and I fund returns represent the change in their respective share prices for the month. The changes in share prices reflect net earnings after accrued TSP administrative expenses have been deducted. The F, C, S, and I fund share prices also reflect the deduction of trading costs and accrued investment management fees.

The TSP is a retirement savings plan for civilian federal employees. The monthly G, F, C, S, and I Fund returns represent the actual total rates used to allocate monthly earnings to participant accounts. Allocations are usually completed by the fourth business day of the month. The returns are shown after deduction of accrued TSP administrative expenses. The F, C, S, and I Fund returns also reflect the deduction of trading costs and accrued investment management fees.

The TSP performance history for the past 12 months can be accessed through the following link:

[http://www.tsp.gov/curinfo/annuity\\_history.html](http://www.tsp.gov/curinfo/annuity_history.html)

## HOLIDAY/LIBERAL LEAVE SCHEDULE FOR 2007

Holiday	Date Designated	Training/ Liberal Leave
New Year's Day	01 Jan 2007	02 Jan 2007
MLK's B-Day	15 Jan 2007	Non Designated
President's Birthday	19 Feb 2007	Non Designated
Memorial Day	28 May 2007	29 May 2007
Independence Day	04 Jul 2007	Non Designated
Labor Day	03 Sep 2007	04 Sep 2007
Columbus Day	08 Oct 2007	*Pending
Veterans' Day	12 Nov 2007	*Pending
Thanksgiving Day	22 Nov 2007	*Pending
Christmas Day	25 Dec 2007	*Pending

## LEAVE TRANSFER PROGRAM

Would you like to assist a co-worker who is in need of annual leave? Then consider donating annual leave to employees enrolled in the Voluntary Leave Transfer Program. To donate leave, submit a "Leave Transfer Authorization" FP Form 25, to the CPAC at Bldg. 412. We are currently accepting leave donations for the following:

\*Elizabeth Passmore – MEDDAC CPB 24-06  
 \*Nicole Shelton-Ybarra – MEDDAC CPB 25-06  
 \*Kimberly Frans – DPTM CPB 26-06  
 \*Jaceson Willoughby – DPW CPB 27-06  
 \*Hurricane Katrina victims CPB 21-05

(For more info regarding Katrina ELTP please refer to the link below and click on CPB 21-05 dated 2 Dec 2005): <http://www.irtc-polk.army.mil/cpac/CPB2005.htm>

If you have any questions regarding leave transfer contact an HR Advisor at the CPAC.

"Do right for your own sake, and be happy  
in knowing that your neighbor will certainly  
share in the benefits resulting."

~Mark Twain~

## MANDATORY TRAINING



**Mandatory Training for January & February FY 07** will be conducted on the dates below. Employee's and their supervisors have the opportunity to choose between two dates to attend the training. Two training dates should help to alleviate the workload problems that we now face when scheduling our employees to attend this training. **Seats will be filled on a first come first serve basis.** The classroom fills up quickly. **My recommendation is that you have your employees arrive NLT 0750 to ensure that they get a seat.** Everyone is required to attend this training.... Mark your calendar and plan to attend. The location of the training classes will be at the new Library/Education Center, Bldg. 660, Room 221/223.

The training dates are:

09 January 2007

24 January 2007

06 February 2007

21 February 2007

**NOTE: The Anti-Terrorism Level 1 Awareness Training in an included presentation in the Mandatory Training Day. This is the preferred method of training. As of March 2006 employees are no longer required to complete the training online. This decision was made because the online training is specifically designed for employees who will be traveling and is not the orientation they should receive for everyday application. Only employees who are experiencing extenuating circumstances "may" be allowed to complete the online version of the training. If you desire further info concerning this matter or have an employee who needs to take the online version please contact Tami Culbreath at 531-1856.**

The schedule of training is as follows:

0800 - 0900 ALCOHOL AND DRUG ABUSE TRAINING  
 0900 - 0915 BREAK  
 0915 - 0945 SECURITY  
 0945 - 1020 SAEDA  
 1020 - 1035 BREAK  
 1035 - 1115 DA ETHICS  
 1115 - 1215 LUNCH  
 1215 - 1345 EEO/POSH  
 1345 - 1400 BREAK  
 1400 - 1450 ENVIRONMENTAL  
 1450 - 1500 BREAK  
 1500 - 1630 AT LEVEL 1 AWARENESS TRAINING

If you have any questions regarding the above training schedule please contact Tami Culbreath at 531-1856.

## EMPLOYEE WELLNESS

### BJAC HEALTH AWARENESS

#### SAFE WEIGHT LOSS

Many people have trouble controlling their weight and are frustrated by diets that don't work. They may not realize that the key to successful weight loss is to develop everyday eating habits that automatically promote good health.

**Successful weight-reduction programs** include a satisfying, balanced diet, daily exercise, and a healthy overall attitude toward food.

#### **Balance Counts More Than Quantity**

For weight loss that lasts, eat complete, balanced meals instead of highly restricted ones. "*Balanced meals*" still means giving up high-fat, high-calorie foods. However, your taste buds eventually become accustomed to healthier sensations and gradually lose the craving for salt, sugar and fats.

**To maintain a healthy diet, focus on the following foods:**

- ✚ fruits and vegetables
- ✚ low-fat protein sources such as lean meats, skinless poultry, fish and dried peas or beans
- ✚ low-fat or nonfat milk products
- ✚ rice, barley and other whole grains
- ✚ breads and pastas made from whole grains

#### **The Role of Exercise in Weight Loss**

Exercise is another important part of successful weight-loss plans. Exercise helps people use more calories than they consume, and that's what it takes to lose weight. Brisk walking is a good choice for many people because it's easy and safe and can be done almost anywhere. Here are some other tips to improve eating habits:

- ✚ Take part in pleasurable activities that aren't related to food.
- ✚ Turn mealtimes into special focused breaks from the daily routine.
- ✚ Avoid eating while watching TV or reading.
- ✚ Chew slowly to fully enjoy meals.
- ✚ Learn the pleasures of shopping for healthy foods.

*Article courtesy of ©Parlay International*

In recognition of National Healthy Weight Week Awareness, the Health Promotion Program will be providing health awareness at the Main Post Exchange on 12 & 26 January 2007 from 10 AM to 1 PM. For more information on awareness or education for yourself,

family or unit, contact the Health Promotion Program at 531-6880 or 3255.

#### "PROTECTING YOURSELF FROM EYE HAZARDS"

**Eye safety starts with knowledge. Can you separate the true statements from the misconceptions about eye protection?**

1. ☐ **True** ☐ **False** A face shield is a good substitute for safety goggles or glasses.
2. ☐ **True** ☐ **False** Contact lenses should not be worn under conditions that require a respirator.
3. ☐ **True** ☐ **False** Getting hit in the eye accounts for two-thirds of all eye injuries.
4. ☐ **True** ☐ **False** Prescription safety glasses are safer than nonprescription ones.
5. ☐ **True** ☐ **False** Regular glasses look just like safety glasses and work as well.
6. ☐ **True** ☐ **False** Safety glasses may not provide protection if they are scratched or chipped.

#### **Eye Safety and You**

**What eye hazards exist at your workplace?**

- ✓ flying particles from grinding, sawing, etching or other machine operations
- ✓ sparks from welding and other operations
- ✓ fumes and splashes
- ✓ harmful light rays from arc and electrical welding, furnace operations or acetylene torches
- ✓ other:

**What types of eye protection do you use?**

**How's your eye safety attitude? Do you...**

☐ **Yes** ☐ **No**...always use your safety glasses or other eye protection -- even if it's just for a minute?

☐ **Yes** ☐ **No**...follow established safety guidelines?

☐ **Yes** ☐ **No**...know all the eye hazards at your worksite and protect yourself against each one?

☐ **Yes** ☐ **No**...know first aid for eye injuries?

☐ **Yes** ☐ **No**...know where eyewash stations and emergency equipment are?

☐ **Yes** ☐ **No**...have safety glasses that are ANSI approved, properly fitted and in good repair?

☐ **Yes** ☐ **No**...use only your own safety glasses or goggles?

Yes No... wear eye protection when at home mowing, using a weed-eater or woodworking?

*A “yes” response to the above questions means that you’ll always be “looking good” on the job.*

*(True-false answers: 1. F, 2. T, 3. T, 4. F, 5. F, 6. T.)*

*Article courtesy of ©Parlay International*

**In recognition of National Glaucoma Awareness, the Health Promotion Program at Bayne-Jones will be providing Health Awareness at the PX on 12 & 26 January 2007.**

### **MISUSED/ABUSED PRESCRIPTION DRUGS CAN BE DANGEROUS AND LETHAL**

Often people mistakenly believe that because prescription drugs are legal or are prescribed by a doctor, they are safer than illicit drugs. Research clearly shows, however, that when prescription medications are used in ways other than they are prescribed; they can be very harmful and sometimes addictive. A 2006 SAMHSA Substance Abuse Treatment Advisory called, *prescription medications: Misuse, Abuse, Dependence, and Addiction*, lists the following as possible consequences of misusing prescription medications: overdose, toxic reactions, drug interactions that can lead to life-threatening conditions such as respiratory distress, hypertension or hypotension, seizures and death.

The ease of making purchases on the internet is one of the reasons experts say misuse of prescription drugs continues to grow around the world. A computer and a credit card are often all that are needed to buy these medications. Many sites selling pharmaceuticals don't require prescriptions or consultations with physicians, nor do they have any provisions in place to prevent children from making purchases.

According to a study from the National Center on Addiction and Substance Abuse at Columbia University (CASA), during a one-week period in February 2006, researchers found 344 Web sites either advertising or selling schedule II-V controlled prescription drugs. CASA's study, *You've Got Drugs! Prescription Drug Pushers on the Internet: 2006 Update*, found that 89 percent of sites selling controlled prescription drugs don't have prescription requirements, a decrease from the 94 percent that did in 2004. "The striking fact is that despite increasing public attention to this issue and concern at the state and federal levels of government, there has been a steady increase over three years in the number of sites found selling controlled prescription drugs online," say Susan Foster, CASA's Vice President and Director of the Division of Policy Research and Analysis. "We are not getting a handle on this problem and those selling drugs

online are becoming more sophisticated in ways they offer and sell drugs."

There needs to be more public education about the powerful effects of these drugs. Many times adults unwittingly supply kids with prescription drugs because they don't appropriately store or get rid of these medications. ASAP is continually updating its prevention efforts to meet the needs of the growing problem.

## **ARTICLES FOR BULLETIN**

If you have any suggestions on topics or issues that you would like addressed in future bulletins, please submit them to one of the following:

1. [Laura.mireles@us.army.mil](mailto:Laura.mireles@us.army.mil)
2. Call 531-4020

Suggestions will be reviewed and addressed if at all possible.

**//Original Signed//**

**DONALD R. MALLETT**

**Director, Civilian Personnel**

**Advisory Center**